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HEALTH TIP: Cheese is full of protein which you need for muscle and bone health, healing and growth

Cashew nuts are very high in the minerals phosphorus and selenium which aren't easy to get from the average diet

BangaloreMirror
Thursday, August 31, 2023
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AI AT WORK

What does it mean for health and well-being of workers?

The business landscape has undergone a significant shift over the past few years because of artificial intelligence (AI). This technological advancement has innovated business practices and is changing the way we work.

Businesses are increasingly turning to AI to solve problems and perform tasks that have traditionally required human intelligence. Across different industries and occupations, AI is being used to detect patterns, make predictions and even create content.

However, the rapid rate of AI adoption is putting workplaces at risk of overlooking its potentially adverse impacts, particularly those that could impact the health and well-being of workers.

AI in the workplace

The type of AI currently being used in workplaces has a narrowly defined role. It primarily augments the work being performed by humans, as seen by customer service chatbots, robots working alongside factory workers or cancer diagnostic platforms.

The recent strike of the Writers Guild of America offers an example of workers in a field once previously thought to be shielded from automation fighting to protect their jobs from the use of generative AI to write scripts and produce creative content in Hollywood.

But future types of AI might be very different than the ones we are seeing now. In the future, AI that matches, or even surpasses, human intelligence might be introduced into workplaces. These stronger, more capable forms of AI will undoubtedly change the role of human workers.

Some economists project that up to 300 million full-time jobs could have some portion of their tasks performed by AI. Others predict that the quickly growing advancement and use of AI could also create a number of new jobs that require workers to work alongside machines.

Worker health and well-being

Throughout history, periods of technological transformation have introduced new tools to workplaces and altered working conditions in ways that have impacted worker health in both positive and negative ways.

The increasing availability of smartphone technology, for example, has given rise to the digital gig economy characterized by temporary and freelance work, or short-term contracts. While this shift presents novel work opportunities, it also contributes to widespread labour market precarity that has negatively impacted the well-being of workers.

Our understanding of how AI will impact working conditions and worker health, however, is not yet clear. There are several ways in which current (and future) forms of AI could bring advantages and disadvantages to workers.

On one hand, AI could be used to perform strenuous tasks that pose the greatest risk to workers' health. It could also identify occupational hazards and employees' physical and mental well-being in real-time to quickly deliver health and safety solutions.

At the same time, AI being more applicable to some industries or occupations could result in inequities within the labour market. Currently, the occupations where AI is least useful are those that involve unpredictable and highly physical job tasks (e.g., nursing aides, janitors, food service workers) or those that have leadership responsibilities (e.g., chief executive officers).

Some predict AI has the potential to contribute to a hollowing out of the labour market, with widening income gaps and disparate effects on worker health.

The adoption of AI within the workplaces could also increase the intensity and stressfulness of work or create pressure among humans to keep up with machines. And in cases of biased design, AI could reinforce discriminatory workplace practices faced by workers from the most disadvantaged backgrounds.

Prioritising health research on AI

According to a recent report led by the non-profit Institute for Work & Health and informed by a multidisciplinary team (including me), research about the health impacts of AI should take several critical directions.

There is a need for research to better understand how increasingly autonomous and advanced versions of AI will impact working conditions and worker health. Equally vital is the creation of a road map for AI design that optimizes health.

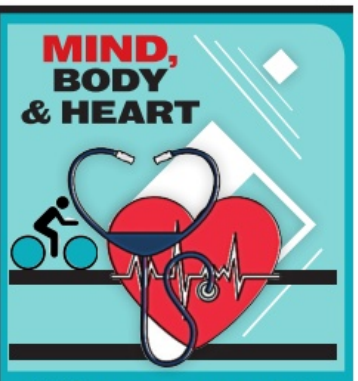
The report also underscores the importance of research that can be put into practice. Research needs to meaningfully inform discussions about the health and safety implications of AI adoption, as well as the regulations needed to safeguard human health.

Workers should also be able to access evidence to better understand the potential impacts of the technology — both harmful and helpful — on their jobs and well-being, and to gain practical insights on how to safely work alongside AI.

AI will bring rapid and large-scale changes to the working world. Without evidence of the health-related challenges and opportunities AI may present, it will be difficult for decision-makers to protect and promote worker health and safety.

There is a critical need for research that can be used to understand, anticipate and address AI's potential risks and opportunities for the human workforce, and to ensure that worker health and well-being is at the forefront of AI adoption.

(By Arif Jetha, University of Toronto, The Conversation)



All you need to know about...

Allergies & gut

Bacteria in gut
Major childhood allergies -- eczema, asthma, food allergy and hay fever -- may likely begin in the community of bacteria living in our gut, according to a new study.

Factors that affect
Many factors can shape the infant gut microbiota, including diet, how we are born, where we live, and our exposure to antibiotics. For example, antibiotics may wipe out sensitive bacteria, while breastfeeding tends to replenish and provide necessary food for bacteria in the infant gut.

Emergency help
"We're seeing more and more children and families seeking help at the emergency department due to allergies," said Dr Stuart Turvey, Professor in the department of paediatrics at the University of British Columbia.
The research, published in the journal Nature Communications, examined how these types of influences affected the balance of gut microbiota and the development of these allergies that affect more than a third of people worldwide.

Gut feeling
"Typically, our bodies tolerate the millions of bacteria living in our guts because they do so many good things for our health. Some of the ways we tolerate them are by keeping a strong barrier between them and our immune cells and by limiting inflammatory signals that would call those immune cells into action," said Courtney Hoskinson, a doctoral candidate at UBC.
"We found a common breakdown in these mechanisms in babies prior to the development of allergies," she added.
The findings could lead to methods of predicting whether a child will develop allergies, and ways to prevent them from developing at all. —IANS

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FRUITY FLAVOUR

Nursery spread over 35 acres will have planting material for all kinds of fruits

PAGE 2

CONCRETE PLAN

BBMP's concrete structure for vendors creates unease in Gandhi Bazaar

PAGE 5

Central Ground Water Board to go deeper, dig 65 wells, 51 borewells to assess groundwater changes and monitor aquifer-wise level

DEEP THOUGHT

Experts welcome move, but ask that inputs be taken from local geologists who are already doing research in this area

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To identify the groundwater scenario of Bengaluru accurately, the Central Ground Water Board (CGWB) has decided to establish an additional 65 dug wells and 51 borewells in various parts of the city. Wells will be dug across all five taluks of Bengaluru Urban namely Bengaluru North, Yelahanka, Bengaluru East, Bengaluru South, and Anekal taluk. So far, CGWB has only 19 dug wells in the city to monitor water levels in aquifers.

According to the board, the idea is to access groundwater changes that have occurred over the last three decades. The wells will be used to monitor aquifer-wise water level and quality in 10 square kilometre gridded areas to identify problematic areas, identify recharge areas and groundwater potential zones and drinking water source, plan for drinking water source sustainability, develop an implementable aquifer-wise groundwater management plan, formulate artificial recharge plan and feasible water conservation measures, ensure sustainability of existing drinking water source for water security and inculcate participatory approach and awareness

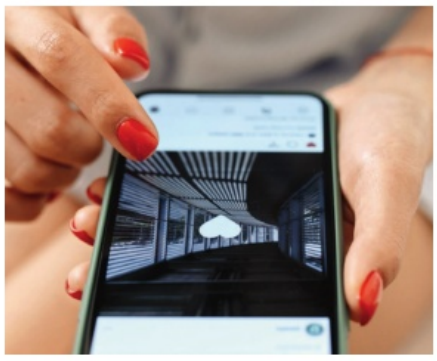
CONTINUED ON PAGE 8 »

"The locations of these wells are of prime importance. Instead of digging them in residential areas, the board should focus on digging monitoring wells in and around the industrial areas

– V Ramprasad, Friends of Lakes

This profile is fake

Fake IDs being created on social media and even cops are not spared; in fact photos in uniform are most common targets



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Subi, an IT professional in the city, woke up on Tuesday and like many of us started scrolling through her Instagram profile. She received a follow request from a person under the name of one of her college friends and she therefore accepted the request.

Little did Subi know that the person behind the account wanted to hack her account and get her personal information. Police officials told BM that even cops are not spared in the case of such a con and often become victims of fake IDs being created in their name.

Going back to Subi's case, the id had Subi's acquaintance's name and her photos and the 'about' section had all genuine information of which company she works for, and the school she graduated from and even the year of graduation. "So, there wasn't much to think about, so I accepted her request," said Subi.

In the afternoon, she received a message from the account, saying, "Sorry to bother you with this, I'm in a contest for an ambassadorship spot as an influencer can you please vote for me."

Subi was not regularly in touch with her college friend and thought that her friend was really contesting for a spot and she

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Finest show

Don't miss the chance to attend 'Hi Life Jewels', one of the most spectacular jewellery shows in the city. The exhibition is set to bring together over 100 premium jewellery brands under one roof, catering to the Indian woman's love for opulent jewellery that defines her rich signature style. The show is a perfect destination for bride-to-be individuals. **Where: Taj West End; When: September 1 to 3; 10 am – 8 pm**

02 Theatre time

With its successful shows in Mumbai and Delhi, Aadyam Theatre is coming to Bengaluru for the first time. This theatre initiative by Aditya Birla Group will be presenting 'Betrayal', a masterful play written by Harold Pinter. The production is directed by Rachel D'Souza. **Where: Ranga Shankara; When: September 15 (7:30 pm); September 16 (3:30 pm and 7:30 pm)**

03 Interesting acts

Grab the chance to watch an interesting Kannada play called Asangatagalu, which is a collection of absurd plays by playwright Chandrashekhar Pati (Champa). It is directed by Basavaraj Emmiyavar. The team, Kalavilasi, has chosen Kunta Kunta Kuravatti, Appa, and Kodegalu with authentic flavours of North Karnataka custom and dialect. **Where: Kalagrama Auditorium near Bangalore University; When: September 2; 7:30 pm**

Love for siblings

Children celebrating the festival of Raksha Bandhan in Bengaluru on Wednesday

PIC: KAUSHIK JN

Embrace the harmony of retail and nature

Bengaluru now boasts eco-friendly mall, featuring diverse collection of approximately 5,000 plant species

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Bengaluru has many malls, but now the city outskirts have a green mall. The Indian Institute of Horticultural Research has set up a Fruit Plant Mall (Nursery), which comprises an area of 35 acres and consists of mother blocks of different crops like dragon fruit, mango, pummelo, avocado, guava, annona, jamun, sapota, jackfruit, tamarind, lime, drumstick, and curry leaf. The mall comprises 35 varieties of around 5,000 plants and is also producing the planting materials of mango, dragon fruit, guava, annona, pummelo, jackfruit, tamarind, jamun, sapota, lime, etc.

Dr Himanshu Pathakon, DG, ICAR, inaugurated many buildings at the Hesaraghatta campus on Wednesday. Officials said that around 4.5 to 5 lakh planting materials are produced; presently, they are concentrating particularly on dragon fruit and avocado planting material production, and annually, they are generating 1.3 to 1.5 crore in revenue from the sales of planting materials.

"Our nursery unit has two mist chambers, three polyhouses, four hardening chambers, and two propagation units. Planting materials are raised through different propagation methods like approach grafting, softwood grafting, budding, air layering, rooted cuttings, and seed sowing. Nursery unit has Arka Fruit Plant Mall in which the plants can be lifted for city dwellers as per their convenience. We have also set up the Karnataka Exotic Fruit Farmers Association (KEFA), a nonprofit organisation with the primary purpose of promoting all aspects of dragon fruit and other exotic fruits in Karnataka, along with its farmers welfare, research, education, marketing, and promotion," said an official.

The organisation has 750 members working in close partnership with institutions like ICAR-IIHR, CFTRI, the University of Agriculture Science, and other state and central departments of horticulture and agriculture, they added.

> **"Our nursery unit has two mist chambers, three polyhouses, four hardening chambers, and two propagation units**
> – an official

At present, dragon fruit is grown in almost all the districts of Karnataka, covering 3,000 acres of land except Dakshina Kannada district, where the cultivation is meagre due to high rainfall.

The mall is producing the planting materials of mango, dragon fruit, guava, annona, pummelo, jackfruit, tamarind, and more

The ICAR-Indian Institute of Horticultural Research (ICAR-IIHR), Bengaluru, was established in September 1967. "Honey bee-assisted pollination techniques for pollination in protected cultivation for vegetables were developed. For quarantine purposes, the institute provides diagnostic services that help in the export and import of horticultural crops. Recently, integrated disease management packages for watermelon bud necrosis and begomoviruses in cucurbits have been developed. Several foliar-based micronutrient formulations, such as Arka Banana Special, Arka Mango Special, Arka Citrus Special, Arka Grapes Special, and Arka Vegetable Special, were developed and popularised," the official explained.

The production practices for soilless cultivation suitable for terrace gardening have been standardised. Several microbial products, such as Arka Microbial Consortium, Arka Decomposer, Arka ActionPlus (actinomycetes), Arka Fermented Cocopeat, and Mycorrhiza production technology, were developed as biofertilizers and to enhance the yield of different crops.

The institute hosts two KVKs (one in Kodagu and another at Hirehall, Tumkur) to reach out to farmers. To increase the existing production and processing capacity of 40 tons per year to 80–100 tons and to bring in automation in the processing of seeds, IIHR proposed a project to HAL, Bengaluru, for funding through its CSR mandate.

Robotic Technologies: Transforming Joint Replacements with Precision and Innovation

Advancements in medical technology have paved the way for remarkable transformations in the field of joint replacements. Among these breakthroughs, the integration of robotic technologies into joint replacement procedures stands out as a game-changer. Robot-assisted Joint Replacements have transformed the surgical landscape, enhancing precision, outcomes, and patient satisfaction. These systems combine computerized planning, preoperative 3D CT scan imaging, and robotic arms controlled by surgeons to achieve unprecedented precision.

Dr. Chiniwalar, a general surgeon from Gangavati with a history of hypertension and diabetes was suffering from severe pain in both his knees which gradually progressed affecting his daily activities. He underwent a Mako Robotic Bilateral Total Knee Replacement Surgery under the care of **Dr. Narayan Hulse, Senior Director – Department of Orthopaedics, Bone & Joint Surgery at Fortis Hospital, Bannerghatta** and is now back to his surgical practice.

Sharing his experience, Dr. Chiniwalar said, "Over the past 5-6 years, I endured pain in both my knees, I began experiencing excruciating pain at night. An X-ray revealed severe Bilateral Osteoarthritis, and upon inquiring, **Dr. Narayan Hulse's** name surfaced, courtesy of a recommendation from a medical colleague's father, who himself is a doctor and had recently undergone a Mako Robotic knee replacement by **Dr. Hulse.** Contacting Dr. Hulse and sharing my medical records for his medical advice, led to **Dr. Hulse** confirming the need for TKR. I immediately underwent a Robotic Bilateral TKR, remarkably conducted within two hours by **Dr. Hulse** and witnessed by my gastroenterologist son who was present in the operating theatre. My remarkable recovery allowed me to regain mobility rapidly, engaging in static cycling within weeks and returning to work within three weeks. In this short span, I also performed six surgeries. This journey truly stands as a testament to **Dr. Hulse's** expertise."

"Mako is the only Robotic Technology with all three applications – hip, knee and partial knee replacements currently available in India which has over 1 million patients follow up worldwide. Fortis Bannerghatta since acquiring the Mako Robotic Technology in September 2022 has completed over 600 Joint Replacement Surgeries, which is a first in the state of Karnataka. At present, we are also achieving successful outcomes by performing Robotic Partial Knee Replacements in younger patients who typically wouldn't be considered suitable candidates for Total Knee Replacements," said **Dr. Hulse.**

Ms. Jyoti, a 52-year-old woman developed osteoarthritis in her right knee, which began with pain a year ago. The pain gradually increased over time, affecting her daily activities. She underwent a Mako Robotic Right Partial Knee Replacement Surgery during which the damaged portions of bone were removed and replaced with implants. This procedure preserved her healthy cartilages, soft tissues, ligaments and bone leading to more natural feel and knee function even after replacements.

"More number of patients are now looking for Mako Robotic Technology for Joint Replacements following its worldwide popularity. Patients have technically much superior joint replacements after robotic surgery evidenced by better X-ray imaging as seen in post-surgical x ray films. This technique reduces pain, helps him recover faster, and lowers the risk of complications compared to older methods. The Mako Robotic Technology empowers us to pre-plan procedures through a personalized 3D CT-based virtual design, ensuring precise execution. This synergy of innovation and accuracy translates to safer, improved recoveries for patients," **added Dr. Hulse.**

Another instance wherein Mr. Vinay, a 33-year-old patient, developed Avascular Necrosis, (a condition that affects the hip joint, causing pain, limited movement and joint damage) due to the steroids he received while being treated for COVID-19. A previous decompression surgery to help his hip didn't work well, and his condition got worse, making daily activities difficult for him. But then, he learned about an advanced procedure called Direct Anterior Robotic Hip Replacement Surgery, which gave him hope at Fortis Hospital Bannerghatta Road. The Direct Anterior Approach involves accessing the hip joint from the front, working between muscles without detaching them. "This approach also reduces postsurgical pain, achieves equal leg length and normal gait pattern" **added Dr. Hulse.** Following the surgery, the young man experienced a remarkable transformation where he was able to walk within 24 hours and got discharged home in a couple of days.

Dr. Narayan Hulse

Robotic Joint Replacement is becoming a popular choice as a bone conserving procedure, offering a brighter future for those suffering from joint problems. With medical technology advancing, there is new hope for a second chance at an active and pain-free life. In the face of adversity, these patients' journeys stand as a testament to the power of advanced surgical techniques. As medical science continues to progress, more people may find their own paths to transformation, stepping confidently towards a life filled with possibilities.

Guardians of our lakes

Residents gathered to maintain the Varanasi Lake on Wednesday; they carried out an awareness campaign with the mission to encourage public involvement in lake preservation

Residents of KR Puram take up new initiative to protect local lakes; plant around 400 saplings at Varanasi Lake

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In an initiative of community-driven environmental consciousness, the residents of KR Puram have launched an inspiring initiative titled 'I did my bit to this lake'. This initiative aims to foster a sense of responsibility towards the protection and maintenance of local lakes, with residents actively participating in various activities to enrich and safeguard the natural water bodies.

The community's dedication was evident as residents recently extended their efforts to Varanasi Lake. On Wednesday, they carried out an awareness campaign at Varanasi Lake. With the mission of encouraging public involvement in lake preservation, the residents emphasised the importance of voluntary contributions to maintain the lakes.

Balaji Raghotham, a dedicated lake activist and resident of KR Puram, highlighted the significance of collective action in sustaining the ecosystem.

Raghotham stated, "We currently have around 400 saplings at the Varanasi Lake, and given the limited rainfall this year, there's a concern that these saplings might wither. It is important for individuals to step up and play a role in safeguarding the lake.

Even if a handful of residents unite to care for the lake, its well-being can be ensured for years to come. Regular watering of plants, waste prevention, and overall cleanliness are key factors."

This proactive approach has not been limited to Varanasi Lake alone. The initiative has reached multiple other lakes in the vicinity, including Bhattrahalli Lake, Hoodi Lake, Basavanapura Lake, Gangashetty Lake, Mahadevapura Lake, Yele Mallappa Shetty Lake, and more.

"The Yele Mallappa Shetty Lake had become a total dump yard without continuous efforts in volunteering at the lake.

> **"It's important for people to play a role in protecting the lake. Even if a handful of residents unite, its well-being can be assured** – Balaji Raghotham

The dumping has completely stopped now. In a similar way, we are calling upon residents to step forward and actively participate in watering the saplings and maintaining cleanliness.

Our goal is to spread awareness about adopting these lakes and making them a shared responsibility," Raghotham added

IN BRIEF

Price rise of onions sets off concerns in Karnataka

Just when the people of Karnataka were heaving a sigh of relief with prices of tomatoes coming down from their sky-rocketing levels, the steady rise in the rates of onions is again raising concerns among the people. Onion is a major ingredient that is used in most dishes in Karnataka, both in vegetarian and non-vegetarian households. Till recently, 5 kg of onion was sold for Rs 100, which has now come down to 3 kg for the same price. At many paces, onions are being sold for Rs 42–45 per kg, while poor-quality onions are being sold for Rs 30 per kg.

Market sources said that they are expecting the arrival of the crop from Chitradurga, Davanagere, Challakere region, and parts of north Karnataka. Following the rain deficit this monsoon, onion farmers are keeping their fingers crossed over the crop yield.

Many families are planning to make bulk purchases from the wholesale markets as onions can be stored for a long time. – BMB

TBM Vamika makes progress

Tunnel boring machine (TBM) Vamika achieved a significant breakthrough at Langford Town Station on Wednesday. This comes after covering a tunnelling distance of 721 metre from Lakkasandra Station, where its journey commenced on April 21, 2023.

Earlier in its journey, TBM Vamika successfully completed 613.2 metre of tunnelling between South Ramp and Dairy Circle Underground Station, followed by 743.4 metre between Dairy Circle Station and Lakkasandra Station.

This recent breakthrough marks the completion of 17.62 kilometre out of the total 20.991 kilometre of underground tunnelling for Phase 2, Reach-6 Line. Out of the nine TBMs assigned for tunnelling on the Reach-6 underground line, a significant milestone has been achieved, as six TBMs have now successfully finished their tunnelling tasks. – BMB

International operations at T2 of KIA deferred

The proposed shifting of international operations to Terminal 2 at Kempegowda International Airport, Bengaluru, on August 31, 2023, has been deferred.

A release from BIAL said, "After consulting all regulatory authorities, BIAL will release a firm date for the transition of international operations. The last-minute decision was taken during the final preparedness review in order to provide an optimal and seamless transition for our passengers. International operations will continue to remain in Terminal 1 until further notice.

We regret the inconvenience caused by this decision and appreciate your patience and understanding as we work towards creating the best possible travel experience for our passengers. We request all international passengers to reach out to their respective airlines for any further information." – BMB

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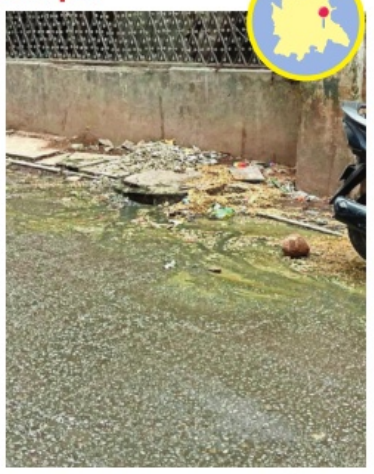
Blocked path

Jayanagar

The pavement on the 33rd Cross near Jayanagar Cultural Club in 4th Block, Jayanagar, is obstructed by a BESCOM transformer and plagued by littering.

Strong smell

Akkipet



The main road in Akkipet is facing a severe issue with blocked sewers that are leaking, emitting an unbearable stench for residents, shoppers, and motorists.

Don't cover it

Murugesh Palya

Wind Tunnel Road in Murugesh Palya is witnessing a curious practice where local residents frequently cover a signboard with obituary banners

BBMP's Gandhi Bazaar plan ruffles feathers

Traders to approach HC after Palike puts up concrete structure for vendors; official says it is easily removable

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TWEETS @BangaloreMIRROR

The concrete platform has been set up as part of development project on Gandhi Bazaar Main Road

Residents and traders at Gandhi Bazaar have now decided to file a fresh plea in the Karnataka High Court against the ongoing road development project by Bruhat Bengaluru Mahanagara Palike (BBMP) and Directorate of Urban Land Transport (DULT) on Gandhi Bazaar Main Road.

According to High Court's order dated August 8, 2023, a copy of which is with BM, BBMP was directed to not put up permanent structures in the guise of providing temporary shelters to the street vendors, which may cause obstructions to the business of the traders on the stretch. However, locals say, BBMP has anyway gone ahead and constructed a concrete structure on the pavement area.

"The civic body, despite the court order, is still going ahead with the construction of concrete platforms. When we tried to object to the construction, BBMP's contractor informed us that they had not received any instruction from the Palike to stop the process. We have tried to speak to BBMP officials concerned but to no avail. We have now decided to highlight this contempt through a PIL," said M Venkatesh, president of Gandhi Bazar Traders' Association.

Locals say the proposal to widen the footpath and reduce the carriageway was not only contrary to the provisions of the Indian Road Congress but also unscientific, and unnecessary.

"We reached out to the High Court to seek relief as the proposed plan to restructure the stretch would have affected the livelihood of the shop owners and encouraged street vendors, who have been occupying the footpath area. The proposal of widening and redoing of the footpaths would have affected the entry and exit of the residences and shop establishments too. While the court passed the order keeping these aspects in mind, BBMP is going ahead with the plan. It reflects on BBMP's way of going about any project. DULT is anyways least bothered," said Guru Prasad, a resident of the area and secretary of Heritage Basavangudi Residents Welfare Forum.

> **The platforms are being constructed with small concrete blocks to prevent the vendors from being spread out as they now will have to use only these platforms**
>
> – A BBMP official

Water-logging issues

Locals also allege that the unscientific project is now leading to water logging issues in many shops along the stretch.

"Our shops have been on the stretch for years and never have we faced water logging issues. However, even after the last rain spell a couple of weeks ago, water entered many shops. This is inevitable with the footpath level raised by nearly two feet above the original road level," said a shop owner on the stretch.

When BM reached out to BBMP, officials said they had not violated the court's order and the structure being constructed is not permanent. "It is being constructed using smaller concrete blocks. that can be removed anytime. Earlier, the vendors used to block the entryways of many residences and shops. The platforms are being constructed with small concrete blocks to prevent the vendors from being spread out as they now will have to use only these platforms to set up their stalls. This will ensure space for pedestrians, vendors, as well as shop owners. Every resident has a three-metre wide driveway. The unnecessary objections by traders and locals have led to the delay in the project," said a BBMP official.

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5-STAR Ratings

Job con: MNC goes to cyber crime cops

Bosch, a German multinational engineering company, has filed a complaint with the police about a fake online recruitment scam under the company's name without authorisation. An FIR was filed on Monday.

The company came to smell a rat after multiple people approached them with inquiries about the work after being promised positions by online con artists. The company then made the decision to knock on the doors of the cyber crime police. According to the FIR, executives discovered the organisation's name was being exploited to defraud job applicants.

Cyber police stations have been getting complaints about big organisations' identities being used to defraud job applicants, the police said. –BMB

Sandalwood thief shot

A machete-wielding sandalwood smuggler was shot and killed near Bannerghatta National Park on Wednesday after he allegedly attacked the security personnel. A second thief was able to escape the scene. Thimmarayappa of Malur Taluk was shot dead by the police, who claim they have had to increase patrolling due to an upsurge in thefts. The squad was patrolling Kalkere forest when they heard the sound of a tree being cut at 1 am. They discovered the two and asked them to surrender, but they attacked the police. –BMB

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Venue: Larsen & Toubro, Convention Centre, 1st Floor, Main Hall, L&T Construction, Mount Poonamallee Road, Manapakkam,Chennai – 600 089

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Super blue moon to light city skies tonight

Second full moon in August to be the largest and brightest of the year

| Sridhar.Vivan
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TWEETS @sridharvMIRROR

Get ready for a lunar spectacle this Thursday night, as the moon graces the sky with a 'bigger' appearance, approximately 15% larger than usual. This event will mark the occurrence of a super blue moon in the skies of the City. The Super Blue Moon phenomenon is characterised by the moon appearing bigger and brighter than all other full moons throughout the year. In 2023, a total of three supermoons have graced the skies, having taken place in July and August. The forthcoming full moon on Thursday night, the second of its kind in August, will conclude the series of supermoons for this year. It will be the grand finale of supermoons for 2023, earning its distinction as the largest and brightest full moon of the year.

Anand MY, a scientist at Jawaharlal Nehru Planetarium said, "The term 'supermoon' denotes the moon's close proximity to Earth. As the moon orbits around our planet, there comes a point when it is at its closest. If this coincides with a full moon, it appears larger, by around 15 to 16%. Conversely, when the moon is at its farthest point, it may appear slightly smaller, around 20% smaller than its usual size. A supermoon occurs when it looks larger, and on Thursday, the distance between Earth and the moon will be 3,64,197 kilometres. This is one of the closest points in their orbit. The average distance is 3,84,400 kilometres. Thus, on Thursday, it will be 20,204 kilometres closer, contributing to its 'bigger' appearance."

The forthcoming full moon on Thursday night, will be the second of its kind in August

> **A supermoon occurs when it looks larger, and on Thursday, the distance between Earth and the moon will be 3,64,197 km. This is one of the closest points in their orbit**
> — Anand MY Scientist

He said, "The term 'blue moon' is used when there are two full moons within a single month. This rarity is what makes it a 'blue moon,' and it's not related to its colour. The phrase 'once in a blue moon' signifies something that's uncommon, and two full moons in a month align with this concept of rarity. Given that the moonrise will be around 6:30 am and the moonset will be the following morning, more people will have opportunities to witness the moon, possibly against clearer skies."

In the meantime, the public can visit the Jawaharlal Nehru Planetarium to gain deeper insights into the Aditya L1 mission. Anand mentioned that there will be special discussions and informative sessions about the mission at the planetarium starting from 10:30 AM onwards. Aditya L1 represents India's pioneering space-based mission to study the Sun. The spacecraft will be positioned in a halo orbit around the Lagrange point 1 (L1) of the Sun-Earth system, situated about 1.5 million km away from Earth. The unique halo orbit grants continuous visibility of the Sun without any eclipses, offering a significant advantage for real-time observation of solar activities and their impact on space weather. Equipped with seven payloads, the spacecraft will study the photosphere, chromosphere, and the Sun's outermost layers (corona) through electromagnetic, particle, and magnetic field detectors. By leveraging the advantageous vantage point at L1, four payloads will directly observe the Sun, while the remaining three will perform in-situ studies of particles and fields at the Lagrange point L1, thereby contributing to vital scientific investigations of solar dynamics in the interplanetary environment.

The primary scientific objectives of the Aditya-L1 mission encompass: studying the dynamics of the solar upper atmosphere (chromosphere and corona) examining chromospheric and coronal heating, The mission aims to uncover the sequence of processes leading to solar eruptive events across multiple layers (chromosphere, base, and extended corona), Aditya-L1's payloads are designed to comprehensively achieve these objectives and provide invaluable contributions to our understanding of the Sun's intricate dynamics and their effects on space weather, according to ISRO scientists.

Green triumph: City's biomethanation plants ready to recycle

Biomethanation plants to be used to manage waste and generate electricity

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Good news for environmentalists. Finally, the city's upgraded biomethanation plants are gearing up for operation. The biomethanation plant located at Pattabhirama Nagar is expected to be commissioned on a trial basis, marking a significant step towards sustainable waste management.

The Bruhat Bengaluru Mahanagara Palike (BBMP) initiated the process of upgrading seven biomethanation plants through a tender in December 2020. However, the upgradation of seven out of the 13 biomethanation plants was delayed due to the COVID-19 pandemic and other reasons.

BBMP South Zone Commissioner Jayaram Raipura visited some of the upgraded biomethanation plants on Tuesday and directed the BBMP engineers to commission the biomethanation plant at Pattabhirama Nagar on trial.

"The need of the hour is to take measures to segregate waste at source. We have to utilise biomethanation plants to manage waste. We have to use biogas generated by biomethanation plants prudently. The biomethanation plant at Pattabhirama Nagar has the capacity to manage five tonnes of wet waste. The engineers have to take measures to convert the biogas generated by this biomethanation plant into electricity and use it to light street lights and nearby parks," Jayaram Raipura said.

He advised the BBMP engineers to use the slurry generated at biomethanation plants for plants at parks in Bengaluru South.

BBMP South Commissioner Jayaram Raipura visiting bio-methanation plant at Yediyur

Later, he visited the biomethanation plant at Yediyur ward. The biomethanation plant has been managing five tons of wet waste and is generating 300 cubic meters of biogas which is being converted into electricity and is being used to light street lights and nearby parks.

It may be recalled that the BBMP took the decision to revive seven biomethanation plants in December 2019. The biomethanation plants are situated at KR Market, Aramane Nagar, Gandhi Nagar, Pattabhirama Nagar, Domlur, Varthur, and Hemmigepura. The total cost of the upgrade was expected to be Rs 4.50 crore.

"The upgradation of bio-methanation plants at Pattabhirama Nagar, Aramane Nagar, and Gandhinagar has been completed. The upgradation of biomethanation plants at KR Market, Domlur, Varthur and Hemmigepura is yet to be completed," said BBMP Solid Waste Management assistant engineer Santosh.

Environmentalists have welcomed the upgradation of biomethanation plants. "Not only is it a good thing to see the existing Bio CNG units being revived, it would be a good move to have such small-scale Bio CNG units in all divisions, if not in all wards," said Sandhya Narayana of Solid Waste Management Round Table.

SIDBI financially empowers MSMEs

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Small Industries Development Bank of India (SIDBI), in association with the Department of Industries and Commerce (DIC), Government of Karnataka and Karnataka Small Scale Industries Association (KASSIA), is organising an Outreach programme on "financial awareness and emerging opportunities for MSMEs (Micro, Small and Medium Enterprises)", a first of its kind event being organised in Karnataka.

The programme is scheduled to cover all 31 districts of Karnataka, in phases, between August 2023 – March 2024. The financial literacy programme is being organised with the primary objective of empowering MSMEs in Karnataka.

The event was inaugurated on Wednesday in Bengaluru, followed by events planned at Yadgir, Vijayapura and Kalaburgi during September 2023.

KASSIA and SIDBI sign a MOU during the Outreach Program on Financial Literacy on Friday

Satyaki Rastogi, General Manager and Regional Head of SIDBI expressed his gratitude for the partnership with DIC and KASSIA, underscoring the importance of raising awareness about the various schemes, subsidies, incentives, and initiatives introduced by the Central and State Governments, as well as SIDBI, to support MSMEs. He highlighted the lack of awareness as a major barrier that prevents MSMEs from accessing the benefits available to them.

"The success lies in information dissemination about these initiatives at the grass root level, to ensure benefits reach the last mile. The program, therefore, seeks to achieve this by creating awareness, facilitating credit linkage, and market exposure, expanding their customer base through digital presence, etc. The theme of the event will be creating opportunities, bridging gaps to embark MSMEs on the path to financial empowerment and lead them to prosperity through imparting financial knowledge," said Satyaki Rastogi.

He said that the event will create an impact and also aims to formalise MSMEs from the informal sector into the organised framework through Udyam Registration. This will offer them digital market exposure and encourage them to obtain ZED certification to enhance their competitiveness.

ಜಗದ್ಗುರು ಶ್ರೀಮಧ್ವಾಚಾರ್ಯರು

॥ ಶ್ರೀಮನ್ ಮೂಲರಾಮೋ ವಿಜಯತೇ ॥

॥ ಶ್ರೀಗುರುರಾಜೋ ವಿಜಯತೇ ॥

ಶ್ರೀಜಯತೀರ್ಥರ ಮೂಲವೃಂದಾವನ
ಗಜಗಹ್ವರ (ನವವೃಂದಾವನ)

ಜಗದ್ಗುರು ಶ್ರೀಮಧ್ವಾಚಾರ್ಯ ಮೂಲಮಹಾಸಂಸ್ಥಾನ
ಶ್ರೀ ರಾಘವೇಂದ್ರಸ್ವಾಮಿಗಳವರ ಮಠ, ಮಂತ್ರಾಲಯ
[ಕರ್ನೂಲ್ ಜಿಲ್ಲಾ, ಆಂಧ್ರಪ್ರದೇಶ]

ಸಪ್ತರಾತ್ರೋತ್ಸವ

ಶ್ರೀ ರಾಘವೇಂದ್ರತೀರ್ಥ ಗುರುಸಾರ್ವಭೌಮರ
352ನೇ ಆರಾಧನ ಮಹೋತ್ಸವ

29 ಆಗಸ್ಟ್ ರಿಂದ 04 ಸೆಪ್ಟೆಂಬರ್ 2023 ವರಿಗೆ

ಶ್ರೀರಾಘವೇಂದ್ರಾನುಗ್ರಹ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ ಸಮಾರಂಭ,
ತಿರುಮಲ ಶ್ರೀನಿವಾಸ ದೇವರ ಶೇಷವಸ್ತ್ರ ಸಮರ್ಪಣೆ

ಸಪ್ತರಾತ್ರೋತ್ಸವದಲ್ಲಿ ಪ್ರತಿನಿತ್ಯ ರಾಯರ ಮೂಲ
ಬೃಂದಾವನಕ್ಕೆ ವಿಶೇಷ ಪೂಜೆ, ಅಭಿಷೇಕ ಹಾಗೂ ಅಲಂಕಾರ ಸೇವೆ
ಪಂಡಿತರಿಂದ ಪ್ರವಚನ, ಭಜನಾ ಕಾರ್ಯಕ್ರಮ,
ರಜತ, ನವರತ್ನ, ಸ್ವರ್ಣ ರಥೋತ್ಸವ ಕಾರ್ಯಕ್ರಮ,
ಸಂಜೆ ರಾಷ್ಟ್ರೀಯ ಹಾಗೂ ಅಂತರಾಷ್ಟ್ರೀಯ ಕಲಾವಿದರಿಂದ
ನೃತ್ಯಕಾರ್ಯಕ್ರಮ, ದಾಸವಾಣಿ, ಶಾಸ್ತ್ರೀಯ ಗಾಯನ
ಹಾಗೂ ಹಲವಾರು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ.

ದಿ. 30-08-2023 ಅಂದ ಇಲಾಪೆಯಿಂದ
ಶ್ರೀ ರಾಘವೇಂದ್ರ ಸ್ವಾಮಿಗಳ ಭಾವಚಿತ್ರದ ವಿಶೇಷ
ಸಂಸ್ಕರಣಾ ಲಕೋಟೆ ಬಿಡುಗಡೆ

ಪೂರ್ವಾರಾಧನೆ: 31-08-2023
ರಾಘವೇಂದ್ರಾನುಗ್ರಹ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ

ಮಧ್ಯಾರಾಧನೆ: 01-09-2023
ತಿರುಮಲ ಶ್ರೀನಿವಾಸ ದೇವರ ಶೇಷವಸ್ತ್ರ ಸಮರ್ಪಣೆ
ಮೂಲ ಬೃಂದಾವನಕ್ಕೆ ಮಹಾ ಅಭಿಷೇಕ

ಉತ್ತರಾರಾಧನೆ: 02-09-2023
ರಾಜ ಬೀದಿಯಲ್ಲಿ ಮಹಾ ರಥೋತ್ಸವ
ಕಾರ್ಯಕ್ರಮ

ಶ್ರೀ108 ಶ್ರೀ ಶ್ರೀ ಶ್ರೀ ಡಾ॥ ಸುಬುಧೇಂದ್ರತೀರ್ಥ ಶ್ರೀಪಾದಂಗಳವರು
ಪೀಠಾಧಿಪತಿಗಳು, ಶ್ರೀರಾಘವೇಂದ್ರಸ್ವಾಮಿಗಳವರ ಮಠ, ಮಂತ್ರಾಲಯ
ಇವರ ಸಾನಿಧ್ಯದಲ್ಲಿ ನೆರವೇರಲಿವೆ

ದೇಶ- ವಿದೇಶದಿಂದ ಬರುವ ಭಕ್ತ ಸಮೂಹಕ್ಕೆ ಆದರದ ಸ್ವಾಗತ

Pricey rentals of Bengaluru

City has seen maximum surge in rental inflation of up to 16%; Whitefield, HSR Layout, E-City, Sarjapur, Bellandur most sought-after areas

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As the real estate sector has seen a boom post covid, most of the cities have observed a rental inflation of 8-16% this year. The maximum surge has been reported in Bengaluru at 16%. And the most sought after localities for rent is the city are Whitefield, HSR layout, Electronics City, Sarjapur Road and Bellandur.

According to a survey carried out by NoBroker between January and July 2023, the real estate report is shows that the maximum rent inflation was reported in Bengaluru at 16%, next on the list was Pune at 12%, Hyderabad at 11%, Delhi with 10% , Mumbai 9% and Chennai at 8%.

The eastern belt of the city, specifically areas such as Sarjapur, Bellandur, Marathahalli, and Whitefield are experiencing bigger rental inflation than the rest of the city. Even areas near IT parks such as RMZ Ecoworld have observed higher rents.

Saurabh Garg, Cofounder and Chief Business Officer of NoBroker.com said, "Budgets have increased due to two major reasons. One is that the demand for spacious living is on the rise. Demand for 3BHK units is fast outpacing demand for 2BHKs as hybrid work culture continues in many companies. Second reason is that many people in Bengaluru especially prefer less commute time, which is to say that even if they have to pay a higher rent, tenants are preferring to stay near their workplaces. Another reason is that since rents in gated communities have increased, and there is greater demand for houses in gated communities, tenants have expanded their budget in the interest of convenience and safety offered in these societies."

The report stated that there is growing trend among residents in Bengaluru and Chennai to seek larger living spaces, with a striking 27% looking for more expansive homes. Over 54% of potential buyers in Bangalore have shown their desire for 3BHK properties, thus beating the demand for 2 BHK units This is indicative of a broader shift in residential preferences across Indian cities, possibly due to increased work-from-home arrangements.

Average price per sq ft in Bangalore
2015: ₹5,133
2016: ₹5,089
2017: ₹5,525
2018: ₹5,708
2019: ₹5,666
2020: ₹5,795
2021: ₹6,008
2022: ₹6,147
2023: ₹7,069 (till July)

This apart the average price per sqft of a property has increased this year in comparison to previous years. Until July 2023, the average price per sqft in Bengaluru is Rs 7069, whereas in 2022 it was Rs 6,147 and 2021 reported Rs 6008.

Garg said, "There is a mismatch between demand and supply as during Covid construction activity came to a grinding halt and projects could not be completed in time. However, demand has been ever increasing as professionals who had gone to their home towns returned to their workplaces. Also, many companies had increased employee headcount during the pandemic years, called back these employees who were hitherto working from home. Most importantly, Covid had somehow made people believe in the importance of owning a home."

There has also been 57% demand for resale houses in Bengaluru. Ready-to-move-in homes are the most desirable option for the majority of home seekers. But due to the unavailability of primary residential units, resale houses have become a popular option among homebuyers. The stock of ready-to-move-in houses has declined post Covid as construction activity came to a grinding halt during the pandemic and the supply has not kept pace with demand.

Fake ID most common weapon of cyber criminals

CONTINUED FROM PAGE 1

wanted to help. "I replied saying yes and then I received a message that in order to vote for her I have to add an email id to my account setting. And then I felt something was fishy. I contacted my friend on WhatsApp and came to know that it was a 'fake ID'. I reported the account and put a story about it, only to learn that this has happened to multiple people in recent months."

Subi's case is one of the most common tactics being used by cyber criminals. The condition is so bad that even cops are not spared from the fake id tactics.

A senior official of the police department told BM, "As soon as they see a picture in uniform, they create a fake ID with the same name and add their friends and then try to hack their accounts or extort money."

A regular user of a social media platform says that fake ID of cops being on Instagram is even more dangerous as most people, who are not aware about cyber fraud, when they see a police profile, can get scared and share their credentials.

The police from their side have started the crackdown on cyber criminals and are even analysing on a daily basis the evolving techniques of the criminals.

"We are already registering cyber-crimes in all police stations, not only CEN police stations. We are actually creating awareness about the number 1930 which is helpful in freezing the bank accounts immediately so that money can be recovered. Regarding social media frauds, we are creating awareness among girls and women who are targeted the most," said a police official.

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Aquifer watch process set in motion

CONTINUED FROM PAGE 1

at community level.

Measure water levels

Groundwater experts in the city say digging 51 borewells to measure water level in deep aquifers is a welcome move by CGWB. While the majority of the water extraction in Bengaluru is happening from deep aquifers, there has not been any study so far to measure water levels in these aquifers.

"The Karnataka Groundwater Authority, so far, has been looking at fluctuations in shallow aquifers. However, all the borewells in the city have been drawing water from deep aquifers that are more than 1,000-feet deep. The step by CGWB is a welcome move and will give the true picture of groundwater fluctuation in the city," said a city-based groundwater expert.

Currently, the responsibility of supplying adequate quantity and quality of water in the city is entrusted to the Bangalore Water Supply and Sewerage Board (BWSSB). The inner zone of the city is more or less fully covered by piped water supply from the Cauvery River, the outer zones are only partially covered by surface water sources.

The rest of the demand is met by groundwater with flourishing water markets based on borewells, which puts tremendous pressure on groundwater leading to over-exploitation.

Experts say while the decision by CGWB is a positive step, the assessment of groundwater level and quality should be carried out in coordination with local geologists and research organisations such as the Advance Center for Integrated Water Resource Management and Geological Survey of India.

Moreover, a lot of care should be taken in deciding the location of these bore wells and dug wells.

"Many geologists in the city have been studying the deep aquifers underneath the city and CGWB should take inputs from them too.

The locations of these wells are of prime importance. Instead of digging them in residential areas, the board should focus on digging monitoring wells in and around the industrial areas to get a better understanding of contaminants and thus the water quality.

Aquifers in areas with lakes filled with treated wastewater should also be monitored closely. Moreover, the assessment should be done by the board independently and data should be made available in the public domain," said V Ramprasad, founder of Friends of Lakes.

SS Care Trust, striving to provide health service to the poor

The Shamanur Shivashankarappa Care Trust is committed to bring quality health support to the economically backward communities in rural and urban areas of Davangere. It has conducted hundreds of health camps which has helped thousands of people.

SS Care Trust aims to bring about a social and cultural transformation in the lives of economically backward communities and provide free health care. Shamanur Shivashankarappa Care Trust was started in January, 2021. Since then, the trust has carried out several activities and has been working on issues to support the health of poor people.

Drawing inspiration from the chief architect and patron of the trust, Dr Shamanur Shivashankarappa, the trust is committed to provide service to all without any discrimination. It is being run under the guidance of S.S. Mallikarjun and Dr Prabha Mallikarjun who is the life trustee, is providing health information and treatment free of cost to the poor people through the trust.

The main objective of the Shamanur Shivashankarappa Care Trust is to bring about social and cultural transformation in the lives of economically backward communities and to provide free health care. With the high moral and ethical values of the chief architect and patron of the trust, Dr. Shamanur Shivashankarappa Appaji, as its guiding principle, the trust under the guidance of S.S. Mallikarjun, is providing service without any discrimination.

▪ Dr. Prabha Mallikarjun, Life Trustee, SS Care Trust

First Aid Training

Knowledge about basic life support and first aid is very important to properly manage cardiac arrest and other critical medical emergencies. Last year, around 550 school and Anganwadi teachers, ASHA workers and community volunteers, received basic life support and first aid training.

Diabetes & BP Check-up

Blood sugar tests, BP tests and refractive defect check-ups were conducted for people aged above 30 years in Kakkaragola and Arasapura villages in Davanagere taluk. A team of junior doctors visited more than 4,200 homes and tended up to around 2200 adults.

Hemodialysis Services

The trust started its activities by providing Haemodialysis service to the needs, today has 12 such units and has served more than six thousand people till now (6504) at the SS General Hospital on K.R. Road.

Routine blood and urine tests for pregnant women, ultrasound facility and free consultation by specialist doctors are some of the services provided by the trust. More than 3000 pregnant women have availed the service so far. 1620 pregnant women in Davanagere North and South rural areas were distributed free mother and child books at Bapuji and SS Hospitals.

Child Health Services

In February and March 2022, more than 700 children in the age group of 3-6 years were screened for anaemia nutrition in Kakkaragola and Arasapura villages of Davanagere taluk. The prevalence of anaemia and nutritional deficiency in these children was found to be more than 50%. These children received iron and folic acid and nutritional supplements for more than 8 months after which haemoglobin and nutritional levels in more than 80% of them showed improved values. Currently, 60 children are receiving iron and folic acid supplements. The trust aims to reach out to all the children in these villages in the coming months.

Encouraged by the success of the initiative, the trust has now tested more than 250 children in the age group of 3-6 years in Doddabaati, Mudahadadi, Halebisleri and Durgambika Camp, Jarikatte villages. Nearly 40 children were suffering from malnutrition and were found to be anaemic.. The children are being given iron and folic acid supplements and re-tested after three months for their haemoglobin improvement.

Adolescent Health Care

The trust conducts awareness camps on menstrual hygiene and screening and counselling for women suffering from polycystic ovary syndrome. More than 450 school girls from Arasapura and Kakkaragolla in Davanagere have availed health services.

As many as 160 government school children from Kakkaragola and Arasapura have benefited from a 1-day leadership training workshop at Bapuji MBA College and a 1-day computer training workshop at Bapuji Engineering College.

Availability of specialist doctors

The primary health centres of Kakkaragola and Arasapura are frequented by specialist doctors since last year. More than 3400 people have benefited from it. Around 2800 people, including children, were screened for dental problems and 345 of them were treated at the Bapuji Dental College and Hospital.

Breast Cancer: 1325 women screened

Breast and cervical cancer is the leading cause of cancer-related death among Indian women. Early detection and treatment time is very essential. Keeping this in mind, a free breast and cervical cancer screening service has been launched under SS Care Trust. So far, around 1325 women including school teachers, ASHA workers and general women have been screened for breast cancer and cervical cancer. 243 women were provided free investigation and counselling at the Bapuji and SS hospitals.

4600 beneficiaries of health camp

ECG, breast and cervical cancer screening and health check-up camps were conducted at the SS General Hospital. Later, it was conducted at Davanagere APMC yard, IMA auditorium. In order to reach out to more needy people camps were held at Mudahadadi, Jarikatte, Doddabati, Halebati, Halebisleri, Kakkaragolla, Kodihalli, Avaragola, Arasapura, Shiramagondahalli, Kukkuwada, Ballur, Kaidale, Kanagondahalli, Ramanagara, Batlakatte, Maganahalli, Belavanur, Kadajji, Alur, Turchaghatta and many more villages. More than 4600 people have benefited from these camps. 860 people have been treated at the Bapuji and SS hospitals.

Will implement K'taka model of 'Gruha Lakshmi' across country: Rahul

Congress leader Rahul Gandhi on Wednesday asserted that women are the foundation of India and the country will be strong only after they are empowered. He said that the party will launch Karnataka's Gruha Lakshmi model across the country.

His remarks came after, he along with party President Mallikarjun Kharge, Karnataka Chief Minister Siddaramaiah, Deputy Chief Minister DK Shivakumar and senior party leaders Randeep Saingh Surjewala and KC Venugopal on Wednesday launched the direct benefit transfer of Rs 2,000 directly into the bank accounts of women in the southern state under 'Gruha Lakshmi' scheme.

After the programme, in a tweet in Hindi, the former Congress chief said, "The strength of a building lies in its foundation. Women are the foundation of India - the country will be strong only by their empowerment. Four out of five guarantees given to Karnataka are specially made for women." "Gruha Lakshami Yojana, which will deliver Rs 2000 per month to bank accounts, is India's biggest money transfer scheme for women. And, we are now going to implement this Karnataka model – a women-centric system all over India," Rahul Gandhi, who represents Kerala's Wayanad parliamentary constituency in Lok Sabha, said.

"As we complete 100 days in the Karnataka government, it gives us immense satisfaction to launch the Gruha Lakshmi guarantee where Rs 2,000 per month shall be directly transferred to the accounts of more than one crore women," Kharge wrote on X.

"This would give them respite from the unprecedented price rise imposed by the Modi government and the BJP. BJP used every possible method to question and stall the implementation of our guarantees. The will of the people of Karnataka prevailed. Today crores are benefitting from these. Financial empowerment of women is the bedrock of progress, and we will continue to make women a central theme for the future of our people," Kharge, who is also the Leader of Opposition in Rajya Sabha said.

—ANI

Congress leader Rahul Gandhi and party president Mallikarjun Kharge during the inauguration of the Gruha Laxmi scheme, in Mysuru on Wednesday

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I, Anil Kumar Prasanna R/o Flat no D 1602, Chartered Beverly Hills, Gubalala, Subramanya pura post, Bangalore-560061 have changed my minor daughter name from Ridhima Angelina Anil Kumar Prasanna to Ridhima Angelina

I, Chethan Krishnappa R/o No 1/1, Appanna Layout,2nd Cross mahadevapura, bengaluru 560048 Have Changed my minor daughter's name from Poorvika Chethan to Purvika Chethan for all purposes

I, Babu P.N S/o. Narayana Swamy P.V, residing at Flat No.A104, Gopalan Sanskriti Apartments, Mylasandra, Bangalore 560059, have changed my minor daughter's name as BHAVANA GALAVA from BHAVANA P. B vide affidavit dated 28.08.2023, sworn before notary S.R Thulasikrishna, Bangalore.

I, V. DHANALAKSHMI D/o K. Venkatesh R/a#12, David Street, Radhakrishna Road, Ganapathipura, Kanakapura Main Road, Bangalore- 560062 have changed my name to V. DEEPTHI vide affidavit dated 25.6.2012 before notary B.G.Sriram, Bangalore

I, Nikhath Afshan Suhail W/o Suhail Pasha R/at No.14, 1st Cross, Puttenahalli Grama, Silver Oak Street, JP Nagar, Bangalore-560078 have changed my name to Nikhath Afshan, vide affidavit dated 30.08.2023 notary V. Rajashekhara, B.lore

I, KALPANA, Residing at No. P, E 105, Magan Silver Hills, Daya M K Nisarga Layout, Subramanyapura, Bangalore-560061. Have changed My name to KALPANA PRABHU vide affidavit dated 30/08/2023 before Notary Aravind Patil G.G Bangalore

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Advertorial Promotional Feature

Fly SHIVAMOGGA High
New Era of Development in Central Karnataka

Vijay Karnataka under the banner of its campaign Fly Karnataka High, organised an 'Investors Meet' as a prequel to Shivamogga airport becoming operational from August 31

Airport to give wings to Shivamogga's progress

Any district should have good road, rail and air connectivity for holistic development. Only then can progress be achieved, said B.Y. Raghavendra, MP. He was speaking after inaugurating an investors' meet organised by Vijaya Karnataka newspaper at the Kimmane Golf Resort in the city.

Chandrayaan-3 and PURA, the dream of renowned scientist APJ Abdul Kalam, to provide urban amenities to rural areas have become a reality . "With the commencement of air services in tier-II and tier-III cities, we hope that investment will increase in the future and open the doors of employment opportunities," he said.

The airport is all set to become operational after overcoming many challenges post - Covid. After a series of visits to Delhi and discussions with union ministers, all the necessary work has been done at a rapid pace. He said that for the last five to six months, continuous efforts have been made to ensure that the airport, which has been built at a huge cost, does not become a concrete museum.

Shivamogga airport will be useful for industrial entrepreneurs. It will also facilitate investment from across the country and abroad. He said the airline will also help in the export of arecanut and its by-products, which are the main crops of the Malnad region.

Shivamogga, to Ranebennur new railway line, railway coaching depot and the Sigandur bridge are some of the works in progress and these will attract investors to Malnad in the future, he said.

Deepak Saluja, CEO, Vijay Karnataka & Bangalore Mirror, said, "Shivamogga is a nature-rich region. The district is educationally, culturally and historically rich. It has the skilled human resource required for the progress of the country. I am hopeful that the airport will act as an able influencer for the overall development of the region," he said.

Vijay Karnataka Editor Sudarshan Channangihalli said that connectivity is very important for the progress of any district. Based on this, Vijay Karnataka has highlighted the condition of all airports in the state through the 'Fly Karnataka High' campaign, he said.

Shivamogga MP, Sri BY. Raghavendra inaugurated the Investors meet organised by Vijay Karnataka under its campaign Fly Karnataka High held at the Kimmane Golf Resort here. Former minister Araga Jnanendra, MLC Arun, MLA Channabasappa, MLA Sharada Purya Naik, VIjay Karnataka & Bangalore Mirror CEO Deeak Saluja, Vijay Karnataka Editor Sudarshan Channangihalli and others were present.

NOC at the last minute

MP B Y Raghavendra said that though the date of commencement of flight services was fixed, they had to wait till the last minute for the permission letter.

The bomb threat contingency plan NOC is in the final stage. If the permission letter was delayed, the Bengaluru-Shivamogga flight service could have been delayed further. So, I had a natural anxiety till the NOC came," he said.

For the safety of passengers, 13 different pieces of equipment are required for bomb detection and disposal. Of these, only 10 were in Shivamogga. Three more were to be imported from abroad. They came at the last minute and the DGCA officials visited the airport and issued an NOC, he said

MLA S.N. Channabasappa also spoke on the occasion. Siddarama and team from Bengaluru presented a light music program. Deeksha Kamath anchored the show. Discussions were held on investment opportunities in Shivamogga.

Culture grows and settles down where there is abundance of water. Shimoga has two rivers, Tunga and Bhadra, and certainly has a good future. Investors are also expected to come.
■ Sharada Purya Naik MLA

Bringing an airport is not a small achievement

Businessman Kimmane Jayaram said that a lot of changes have been made in the security standards of the airport for the safety of passengers. However, due to continuous efforts of all concerned, an airport has been opened in Shivamogga, he said.

He recalled that during his recent visit to Delhi, a senior IPS officer had said that Raghavendra's hard work was behind the opening of the airport.

Even when the Vistadome was started in Shivamogga, it was looked down as being expensive. Now there is no seat available. The demand for aircraft will also increase. There will be investment, he said.

Investors were requested to come to Shivamogga during the Vibrant Gujarat program. But, they were reluctant since there was no air service. That drawback is addressed from now on.
■ D.S. Arun MLC

Expectations of businessmen sky high

The arrival of the aircraft for the first time in the lap of Malnad has stirred the interest not only among the citizens of Shivamogga but also among the businessmen of central Karnataka. As soon as the flight was confirmed to land in Malnad, businessmen from far-flung places turned their eyes towards Shivamogga.

Shivamogga, a mine of natural beauty, water, electricity, land and the best talent, is perfect for setting up new industries and start-ups. With the launch of the flight facility, the businessmen in Shivamogga are planning to expand their business, while the new entrepreneurs have started looking for good space to set up their enterprise.

At the Fly Karnataka High Investors' Conference organised by Vijay Karnataka newspaper at Kimmane Golf Resort on Sagar Road, investors from various parts of the state, besides Bengaluru, expressed happiness over the availability of air connectivity to Shivamogga and sought the cooperation of the district administration in setting up industries.

District Industrial Centre Joint Director Ganesh, State Archaeology Department Assistant Director Shejeshwar, Tourism Department Assistant Director T. Dharmappa, District Tourism Consultant Amit, Keladi Shivappa Nayaka Agriculture and Horticulture University Arecanut Research Centre Head Dr. B.S. Sudhakar, Agriculture Department Joint Director G.C. Poornima, Horticulture Department Deputy Director G.N. Prakash and others were present.

It will facilitate export of Arecanut and its by-products to various parts of the country including Mumbai. The airport has given Shivamogga a global identity.
■ Araga Jnanendra MLA

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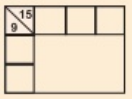
SOLVE IT IN A MINUTE

Suppose you start with a number. You multiply the number by 3, add 7, divide by ½, subtract 5, and then divide by 12. The result is 5. What number did you start with?

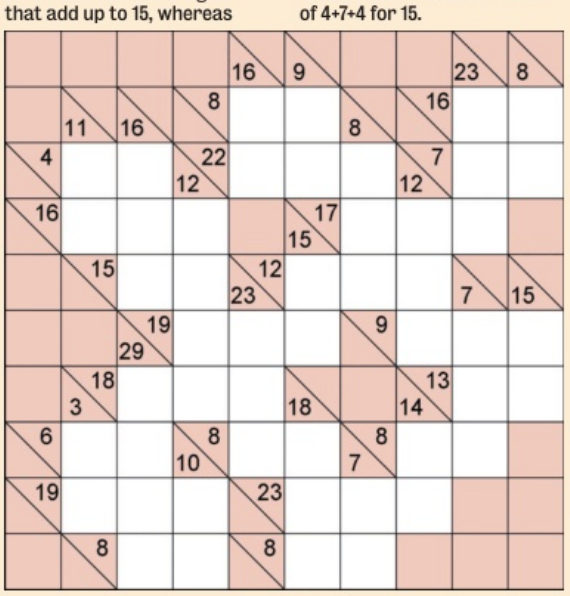
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

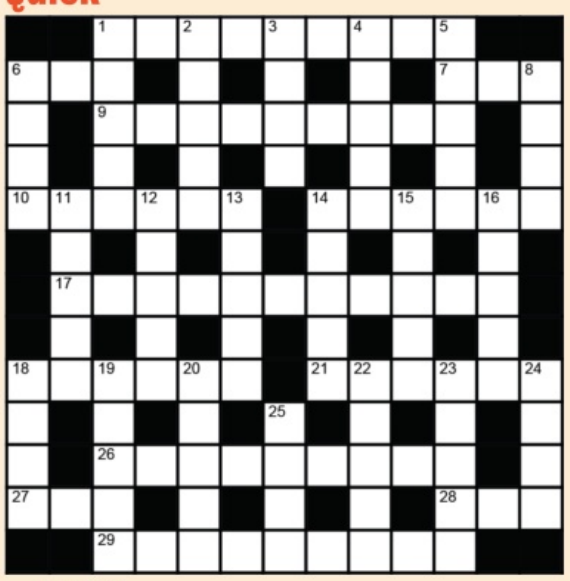


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Declares (9)
6 Indian rule (3)
7 Flat-crowned hat (3)
9 Port city in Karnataka (9)
10 Lathe operator (6)
14 More eager (6)
17 Of one mind, not at logger heads? (2,9)
18 Accost and attack (6)
21 Gets wise (6)
26 Excluding, pronouncing irrelevant? (6,3)
27 T for the Greeks (3)
28 A little work (3)
29 Puzzles or confuses (9)

DOWN

1 City in Rajasthan (5)
2 The time being, present (5)
3 Mountain range (4)
4 Routine work (5)
5 Beer glass (5)
6 Source (4)
8 Secure a ship (4)
11 Divisions (5)
12 African lake – "as any" anagram? (5)
13 Countrified (5)
14 Get down to pray (5)
15 Dropsy, excessive accumulation of serous fluid? (5)
16 Consumed (5)
18 Female relative (4)
19 Scour (5)
20 Spouse's parent (2-3)
22 Ham it up (5)
23 Classifies or ranks (5)
24 Toil (4)
25 Organic compound (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS U

FUHUT AWUFE GIOT CIFUG LUXITU GIO JBHU UBTFUE VP.

Linemaro

That looks nice on you

Mindchow

The best way to cheer yourself up is to try to cheer someone else up

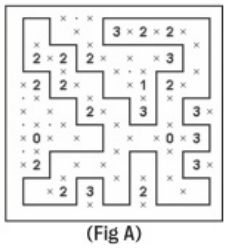
Joke of the day

I can't believe I got fired from the calendar factory. All I did was take a day off

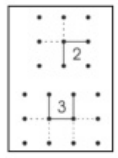
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

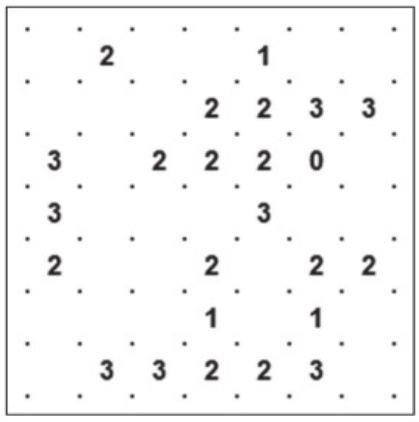


(Fig B) Not Allowed

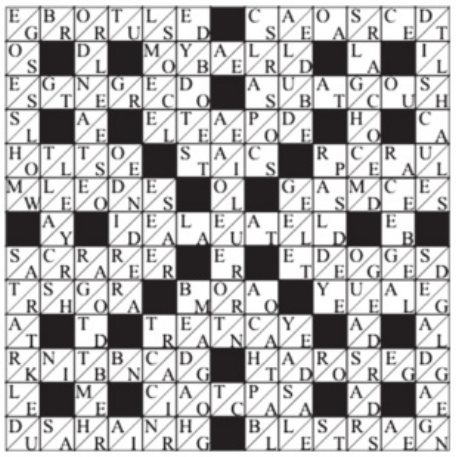
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



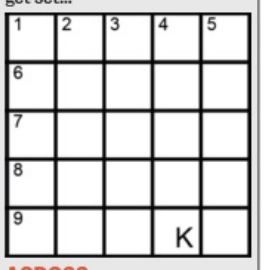
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

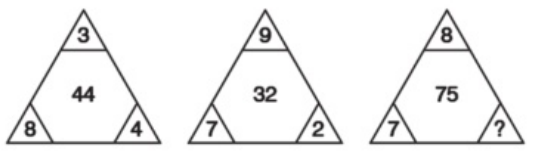
1 Rates; 6 Acted;
7 Manat; 8 Also a;
9 Kunds

DOWN

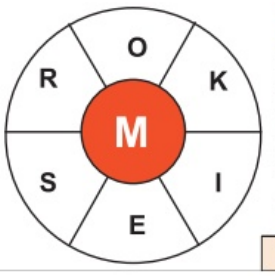
1 Clads; 2 Out at;
3 Manda (2-3); 4 Rakes;
5 A nest

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; **09** Good; **11** Outstanding

SudokuChallenge

					2			4
	3	4		7			6	8
5	1			9				
	5			3	8		1	
		8				2		
	4		7	2			8	
				5			7	2
8	2			1		6	9	
7			2					

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5
4 6 6 9

Medium = 6
2 4 6 6

Hard = 6
1 2 2 2

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Pennant is smaller. 2. Ball is smaller. 3. End of pillow is different. 4. Doorknob is higher. 5. Collar is different. 6. Mouth is open.

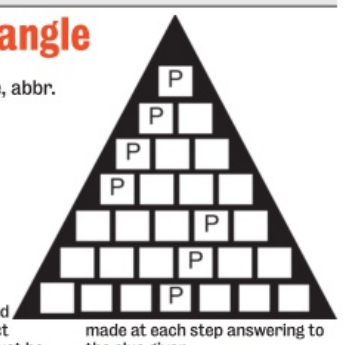
Riddler

Each group of three definitions describes three words that are spelled the same, except for one letter

1a) a tartan skirt
1b) a heated enclosure used for drying
1c) to deprive of life
2a) to contaminate
2b) to force into something
2c) flea

Alpha triangle

1 Parking sign
2 Physical Exercise, abbr.
3 A favourite
4 Impudent
5 Nonsense
6 Mrs. Al Gore
7 Stumbled



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel that your life has become challenging. You may take some advice from your elders to sustain yourself in the given situation. You need to have patience. Kids' education also makes you upset; you may have a short trip in terms of kids academics. Investors are advised to avoid speculation before making any investments.

Taurus Apr 21 – May 20
Today you will be a victim of dissatisfaction; you may not get the result of your hard work; it may cause disappointment. You are advised to read documents carefully before signing a new contract. Investment in the assets may also be possible. You are advised to follow your intuition before making investments in fixed assets.

Gemini May 21 – Jun 21
Today you may be busy with social get-togethers and family occasions. It may increase your network. You may also plan for a work-related short trip. Disputes between siblings will be resolved now. Your subordinates may cooperate with you to complete a difficult project. Your confidence may be high. You are advised to keep your patience while interacting with anyone.

Cancer Jun 22 – July 23
Today you may be busy with family get-togethers; you may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money on buying some artefacts and other stuff, which will improve your social status. You may hear some good news from one of your close relatives.

Leo Jul 24 – Aug 23
Today happiness may be around you; it can help you enjoy your day-to-day work. Your vital power may help you make difficult decisions, which will increase your profits in the near future. You may plan for a work-related short trip. Subordinates and colleagues may support you in completing your work on time. Students may find themselves more focused in their studies. You are advised to control your eating habits to avoid stomach issues.

Virgo Aug 24 – Sep 23
Today you may feel dull, and sleeplessness may affect your mental and physical health as well. You may also be upset due to the health issues of a family member. Your expenditure on worthless stuff may affect your savings. You may be a victim of a conspiracy, so you are advised to keep an eye on your opponents.

Libra Sep 24 – Oct 22
Today you may start your day with happiness. At work, you may make quick decisions, which may give benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your partner, you may invest some amount in the business, which may be profitable in the near future. Your understanding with the spouse may increase, which may result in harmony in domestic life.

Scorpio Oct 23 – Nov 22
Today you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of the elder's blessings, job seekers may get a high position in the job, and managers may get promoted to top management. You may get rewards, which may increase your status. Professionally, you may do better.

Sagittarius Nov 23 – Dec 22
Today you may be happy and have good patience, which may reflect in your way of working. You may complete your task in an efficient way. You may plan to visit a religious place. You may make a donation to a religious place or to a charity. Love birds may develop trust in their relationship; you may be able to control your opponents.

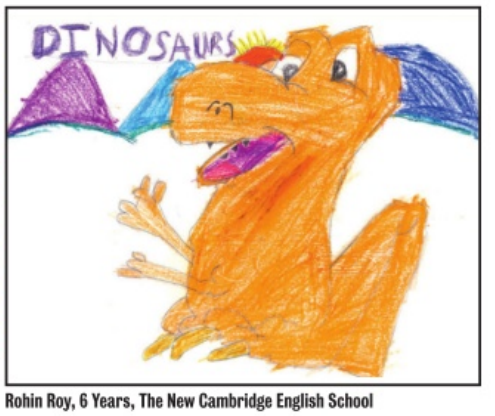
Capricorn Dec 23 – Jan 20
Today you may feel unhappy, you may feel dull, it affects your way of working, and there may be some delay in your projects being completed. It may affect your prestige in your professional and domestic life. It is advised to avoid adventure tours or rash driving. Love birds may have some breakups. Job seekers may be disappointed in terms of a new job.

Aquarius Jan 21 – Feb 19
Today you may feel positive vibrations around you. Things are under control. You may plan to start a new business as a partnership. You may expect some long-distance travel as well. You will have faith in your spouse, which will bring harmony to your domestic life.

Pisces Feb 20 – Mar 20
Today you may perform your best in the office. You may have a good bond with the boss, and you may get some new responsibilities in terms of promotions. Chronic health issues may be cured now. You may get good incentives for your work as well. Disputes with the siblings may be resolved now. Job seekers may find a new job.

KIDZONE

Nishitha Ks, 14 Years, Bengaluru



Rohin Roy, 6 Years, The New Cambridge English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
5 X 12 = 60
60 + 5 = 65
65 X ½ = = 32.5
32.5 – 7 = 25.5
25.5 / 3 = 8.5

BULL'S EYE
emir, IRKSOME, mire, miser, more, skim, smirk, smoke, smoker, SMOKIER, some

FAST FIVE

S	T	A	R	E
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L	O	A	S	A
D	U	N	K	S

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QUICK

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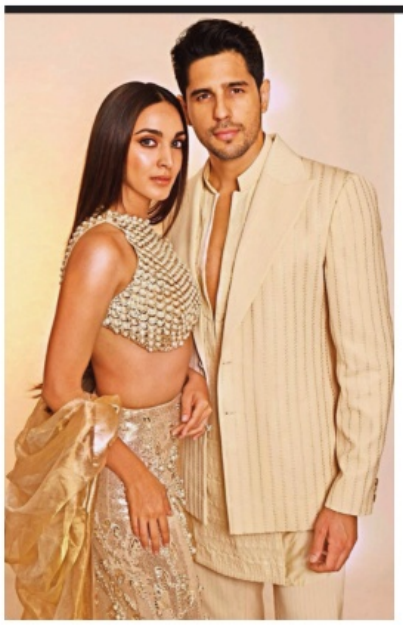
 # Gen Z style
Hollywood star Anne Hathaway said that she is inspired by the Gen Z style, as she feels emboldened to take fashion risks. The actress said she is "really switched on by Gen Z"



Cheerleader hubby

One of the most celebrated couples of Bollywood Sidharth Malhotra and Kiara Advani are once again capturing everyone's attention with their adorable relationship. On Wednesday afternoon, Sidharth took to his Instagram story to share a captivating BTS image of his wife Kiara during a shoot.

Alongside the photo, Sidharth penned a heartfelt message, expressing his wishes for her happiness and success.

"May you keep shining on every set and wherever you go! You deserve nothing but true happiness. Can't wait to see what you are shooting next for," he wrote. Kiara responded to his gesture on her own Instagram story, sharing the affection and conveying her excitement for upcoming endeavors. On the work front, Kiara is all set for her next project 'Game Changer' starring Ram Charan in the lead. On the other hand, Sidharth Malhotra has the most anticipated upcoming project 'Yodha' in the pipeline, followed by Rohit Shetty's Indian Police Force. —ETimes

MATTERS OF THE HEART

Has Manushi Chhillar broken up with Nikhil Kamath? And other buzz...

Former Miss World Manushi Chhillar made her Hindi film debut with Aditya Chopra's Samrat Prithviraj where she was paired opposite Akshay Kumar. The film got a fabulous opening but it failed to sustain its run.

She is now going to be seen with Vicky Kaushal in The Great Indian Family and Bade Miyan Chote Miyan with Akshay Kumar once again. Besides her work, the actress has also been in the news for her love life, she has been dating Zerodha founder Nikhil Kamath for a couple of years now.

But rumours mills are abuzz that the couple have broken up and gone their separate ways.

The couple began dating in 2021. While they tried to keep their relationship private, they were spotted at Rishikesh and also at the Lusail Stadium in Qatar during the FIFA World Cup. The buzz about their break-up became stronger when they unfollowed each other on Instagram. It is also being said that Nikhil has found love again in Rhea Chakraborty and they have only recently started following each other on Instagram. Rhea is known for her relationship with Sushant Singh Rajput, she was subjected to public and media trials after the demise of Sushant in June 2020.

But in between there was also a buzz about Rhea dating Bunty Sajdeh (Seema Sajdeh's brother and owner of one of largest talent management companies). —ETimes

Every movie is a first for me: Hemanth Rao

Hemanth Rao is one of the highly educated and talented directors of Sandalwood. Rao debuted as a director in Sandalwood with Godhi Banna Sadharana Mykattu in 2016. Anant Nag and Rakshit Shetty played key roles (as father and son) in the movie that became a huge hit at the box office. His second movie was Kavaludari that was released in April 2019. It received rave reviews from film critics. Now, Rao's latest movie Sapta Sagaradaache Ello – Side A is scheduled for release on Friday.

These days, Rao is busy with the arrangements for the release of the movie. "I consider every movie of mine as the first and last movie for me. Though my previous movies were appreciated and supported by movie goers, I helmed Sapta Sagaradaache Ello – Side A as my maiden movie. I try to connect audiences with the movie. My aim is to enable the audiences to remember the movie even after they go home," the director said.

He said that the original plan was to make Sapta Sagaradaache Ello in two parts – Side A and B. "The movie is filled with romance. I hope the audiences will enjoy and connect with it when they watch this movie," he said.

Sapta Sagaradaache Ello is the second movie in which Rakshit Shetty acts under the direction of Rao. "I feel comfortable working with Rakshit Shetty. Both of us love movies. Rakshit Shetty trusts me as a director and I trust him as an actor," he said.

Sapta Sagaradaache Ello – Side A has Rakshit Shetty, Rukmini Vasanth, Chaitra Achar, Pavitra Lokesh, Ramesh Indira, Achyuth Kumar, and Avinash in the cast. —BMB

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Green shoots

Director Ramesh Begar, who handled the megaphone for Vashampaayana Theera, has come out with an interesting movie – Jalapatha, which shines the spotlight on environmental issues.

"Jalapaatha was shot in and around Sringeri. Most of the movies made on environment preach about the need to plant saplings. Jalapatha conveys a message not only on that need, but also on the importance of watering such plants. It also showcases the reasons for deforestation and the solutions to it," said Begar.

The director said producer TC Ravindra is known for participating in many afforestation programmes. "Ravindra is a follower of environmentalist Dr AN Yellappa Reddy. I thank him for bankrolling this movie which highlights the culture and traditions of the Malnad region. We have used the services of theater artists of this region," the director said.

New hero

Arjun, the son of well-known script writer Ajay Kumar, makes his debut as hero in Sandalwood with the movie Guns & Roses. The muhurat function of the movie was held at Bande Mahakali Temple recently. Many prominent personalities of the Kannada film industry attended the function and wished the cast good luck.

Politician-cum-movie producer HR Nataraj said that he agreed to bankroll this movie because director Srinivasamurthy is his friend. "I could not say no to Srinivasamurthy when he narrated the script to me. I have agreed to bankroll this movie on the condition that shooting of the movie should be completed as per the schedule," said Nataraj

Srinivasamurthy said that he has worked as associate director for many Kannada movies. "I am making my debut as a director in Kannada with this movie. I am grateful to Nataraj for giving me this opportunity. Script writer Ajay Kumar's son Ajay is the hero while Yashvika Nishkala is paired opposite to him," said Srinivasamurthy.

Shashikumar is assigned to score music for this movie while Sanjeeva Reddy is the editor.